

BACKGROUND

- Psychosocial flourishing is a recent conceptualization of social and psychological well-being. Flourishing is a combination of feeling good and working effectively. Individuals who are flourishing learn effectively, work productively, have better relationships, are more likely to contribute to their community, and have better health and life expectancy (Diener et al., 2009; Huppert, 2009)
- Social relationships, and specially, social support from friends and family, as well as romantic relationships, play an important role as predictor of positive development in emerging adulthood. In this way, these social relationships contribute to wellbeing and flourishing in this stage of development (O'Connor et al., 2011; Schulenberg et al., 2004)
- Emerging Adulthood is a period of instability and exploration in which young adult will probably have more distanced relationships with their parents than in previous years, and romantic partners will irrupt as important figures for their development.
- Regarding transition to adulthood Spain, it would be represented by the Mediterranean model (Scabini, Marta, & Lanz, 2006, p. 21; Parra et al, 2015), which is characterized by living in the family home until well over the age of twenty and leaving that home, generally, to live with a partner.
- This study pursues the research on emerging and adulthood in Spain, a non-Anglo-Saxon context which lacks of studies about it

AIMS

The main goal of this paper is to know if social relationships among emerging adults, particularly, the perceived social support from parents and friends and the quality of romantic relationship, have an effect on the psychological flourishing of a sample of Spanish emerging adults.



Method

SAMPLE

- Project: Transition to Adulthood in Spain (TAE)
- N = 278 young adults
- Age: 18 to 29 years of age (Mean 22.03; SD: 2.65)
- Sex: 70.9% female

INSTRUMENTS

- Flourishing scale (Diener, Wirtz, Tov, et al., 2010)
 $\alpha = .79$
- Multidimensional Scale of Perceived Social Support (Zimet et al., 1988)
 α family support = .86
 α friends support = .89
- Experience of Close Relationship (ECR-R, short; Wei et al., 2007).
 α anxiety = .60
 α avoidance = .50)

Conclusion

- These first results point out the significance of social relationships for flourishing in Spanish emerging adulthood.
- It is especially important the family role. Family influence remains essential at these ages, contributing to flourishing more than peer support and romantic relationships.
- However, more research with larger samples is necessary to explain the factors determining flourishing during the emerging adulthood in diverse cultural contexts.

References

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Results

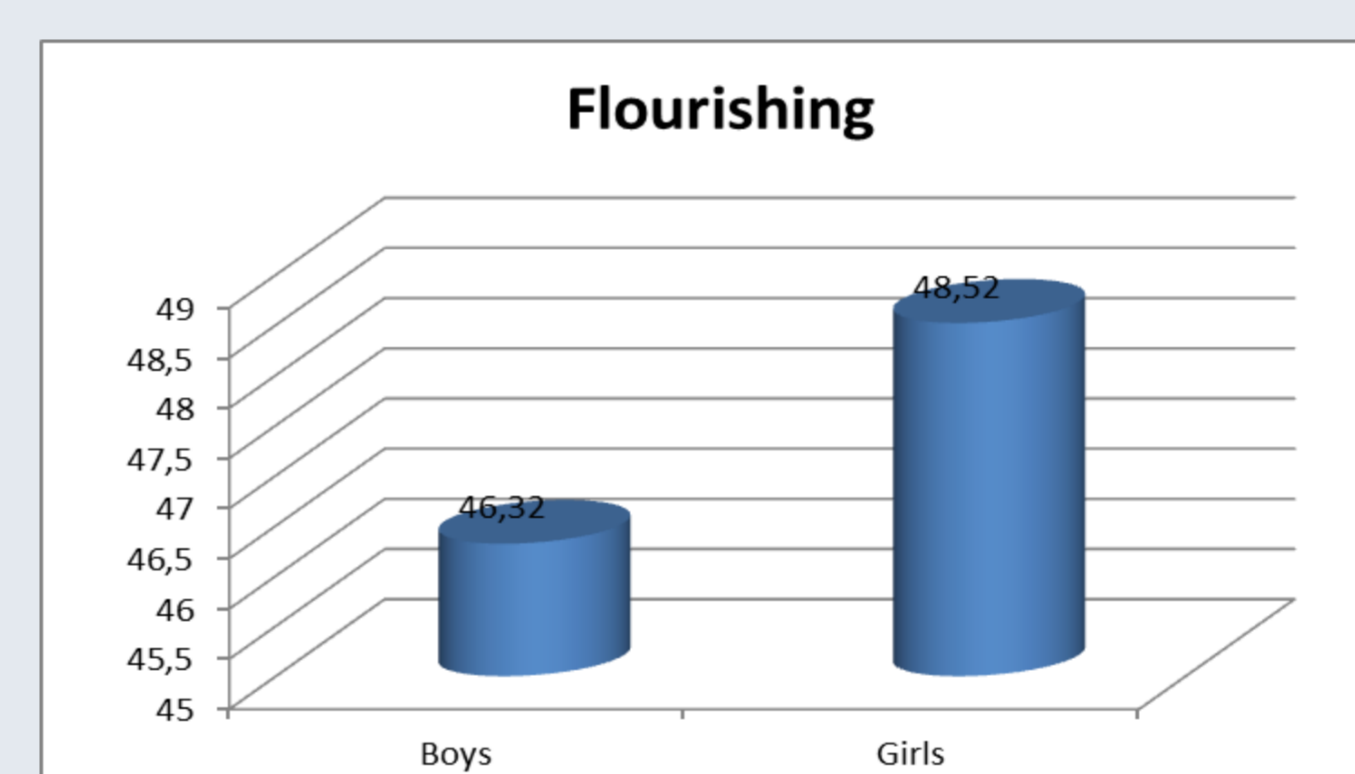
Flourishing of young adults is positively related to the perceived social support of family and friends, and negatively related to the anxiety in romantic relationships.

Table 1. Pearson Correlations between Flourishing and Family support, Friends support, Anxiety and Avoidance in romantic relationship.

	Social Support	Family Support	Friends Support	Anxiety /Attachment	Avoidance /Attachment
Flourishing	.36**	.33**	.24**	-.20**	.05

Note: **p < .01

- Flourishing related to sex: women showed higher levels of flourishing than men.



t (115,51) = -2.96**; Cohen's d = .42 (Medium size)

- Nevertheless, the regression equations showed that, once family support, anxiety in romantic relationships and friends support are included, sex ceased to be influential. Thus we may conclude that during emerging adulthood flourishing is closely linked to their social network, specifically to the family, romantic and friends relationships, in that order.

Table 2. Beta coefficients from multiple regression analyses

Predictors	Beta	R ²
Family support	.33**	0.11
Family support / Anxiety -Attachment	.31**	0.14
	-.17	
Family support / Anxiety -Attachment / Friends support	.28**	0.16
	-.15*	
	.15*	

Note: **p < .01; *** p < .001